

# FORGING THE FUTURE:



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## Friday FACTS

17 November 2000

"Leadership, Partnership, and Championship"

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### November is National Marrow Awareness Month

Today, National Marrow Donor Program (NMDP) is proud to announce that more than 10,000 patients received a second chance at life through the miracle of unrelated marrow or blood cell transplantation. During November the NMDP wants to rejoice with all of the patients who have received transplants and thank all of the volunteers who have selflessly committed to giving patients another chance at life. A month-long calendar of events at individual NMDP centers

and a national television, radio and print public service campaign will send out the call to recruit committed donors and spread the news that marrow and blood stem cell transplants save lives! For more information visit <http://www.marrow.org/>

### Grapefruit juice and medications



For many people, downing a glass of grapefruit juice -- especially brands fortified with calcium -- is part of a healthy routine.

The juice carries the American Heart Association's healthy "heart-check" food mark and contains compounds that may reduce the risks for cardiovascular disease and cancer. But a new review of existing research indicates that taking prescription medicine with a glass of grapefruit juice may lead to higher than normal blood levels of many drugs and could lead to problems. Unlike other juices of citrus fruits, grapefruit juice interacts with a variety of prescription medications by inhibiting one of the intestinal enzyme systems. Drug-grapefruit juice interactions are of special concern because medications often are taken at breakfast along with juice. For more on how food can affect medications visit: [http://www.mayohealth.org/mayo/9508/htm/tips\\_8-5.htm](http://www.mayohealth.org/mayo/9508/htm/tips_8-5.htm)

*"From each, according to his ability; to each, according to his need."  
- Karl Marx, philosopher (1818-1883).*

### Community Preventive Services Task Force on Tobacco



MMWR November 10, 2000/49 has issued a new report on tobacco! The Strategies for Reducing Exposure to Environmental Tobacco Smoke, Increasing Tobacco-Use Cessation, and Reducing Initiation in Communities and Health Care Systems is a Task Force on Community Preventive Services report. See the report at <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr4912a1.htm>

### Tobacco Websites

#### Check out these sites!

Tobacco Free [www.tobaccofree.org](http://www.tobaccofree.org)  
Children Opposed to Smoking Tobacco (COST) [www.costkids.org/](http://www.costkids.org/)  
Mayo Clinic Nicotine Dependence Center [www.mayo.edu/ndc/index.html](http://www.mayo.edu/ndc/index.html)  
Smoking Cessation <http://quitsmoking.miningco.com/>

Do you have a website or homepage that you would like to share?

### November 1 - 30 American Diabetes Month

American Diabetes Month is a month-long program of the American Diabetes Association. Held during what is traditionally known as National Diabetes Month, Association chapters and regions hold patient programs, seminars and other special events designed specifically for people with diabetes and their loved ones. All activities during American Diabetes Month focus on how to prevent eye disease and foot complications through proper diabetes control. A free brochure entitled, Diabetes: What to Know-Head to Toe, provides simple treatment strategies for people with diabetes. For more information, contact: American Diabetes Association, National Center, 1660 Duke Street, Alexandria, VA 22314, 800.DIABETES Web Site: <http://www.diabetes.org>



### Smoke Out Day

Please send your Great American Smoke Out Day events and activities to Mark Long at [Longm@nehc.med.navy.mil](mailto:Longm@nehc.med.navy.mil)